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Nutri - Topics

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Nutrition and Cardiovascular Disease

Overview (in order by year)

"Cholesterol reduction in cardiovascular disease: clinical benefits and possible mechanisms." Glenn N. Levine, John F. Keaney, and Joseph A. Vita. *The New England Journal of Medicine*, 332(8):512-519. 1995.

"Diet and heart disease: health claims." Elizabeth A. Yetley and Youngmee K. Park. *Journal of Nutrition*, 125:679S-685S. 1995.

"New directions in dietary studies of coronary heart disease." Alberto Ascherio and Walter C. Willett. *Journal of Nutrition*, 125:647S-655S. 1995.

"Overview: dietary approaches for reducing cardiovascular disease risks." Johanna Dwyer. *Journal of Nutrition*, 125:656S-665S. 1995.

Cardiovascular Patient Education Resource Manual. Aspen Reference Group. Frederick, MD: Aspen Publishers, Inc., 1994. 500 pp.

Nutrition and Disease Update. David Kritchevsky and Kenneth K. Carroll. Champaign, IL: AOCS Press, 1994. 279 pp.

"The prevention of cardiovascular disease: emphasis on secondary prevention." Jennifer G. Robinson and Arthur S. Leon. *Medical Clinics of North America*, 78(1):69-98. 1994.

The Fifth Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure. Bethesda, MD: National High Blood Pressure Education Program, National Heart, Lung, and Blood Institute, National Institutes of Health. 1993. 49 pp.

"The impact of diet on coronary heart disease." David A. Woodard and Marian C. Limacher. *Medical Clinics of North America*, 77(4):849-862. 1993.

National High Blood Pressure Education Program: Working Group Report on Primary Prevention of Hypertension. Bethesda, MD: The National High Blood Pressure Education Program, National Heart, Lung, and Blood Institute, National Institutes of Health. 1993. 49 pp.

"The role of diet in the genesis and treatment of hypertension." Peter P. Stein and Henry R. Black. *Medical Clinics of North America*, 77(4):831-847. 1993.

The Second Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel II). Report + Executive Summary. Bethesda, MD: National Cholesterol Education Program, National Heart, Lung, and Blood Institute, National Institutes of Health. 1993. 1 vol. + 28 pp.

Cardiovascular Nutrition & Fitness (Continuing education course). Ellen Coleman. San Marcos, CA: Nutrition Dimension, 1992. 160 pp.

Eating Less Fat: A Progress Report on Improving America's Diet. Institute for Science in Society. Washington, DC: The Institute, 1992. 67 pp.

The Healthy Heart Handbook for Women. Marian Sandmaier. Bethesda, MD: The Institute, 1992. 90 pp.

Role of Fats in Food and Nutrition. 2nd ed. M.I. Gurr. London; New York: Elsevier Applied Science, 1992. 207 pp.

"The role of nutrition in the functioning of the cardiovascular system." Alexander Leaf and Haifa A. Hallaq. *Nutrition Reviews*, 50(12):402-406. 1992.

Yale University School of Medicine Heart Book. Barry L. Zaret, Marvin Moser, and Lawrence S. Cohen. New York: William Morrow and Co., 1992. 432 pp.

Mortality (in order by year)

"Body iron stores and the risk of coronary heart disease." Christopher T. Sempos, et al. *New England Journal of Medicine*, 330:1119-1124. 1994.

"Is diet an independent risk factor for mortality? 20 year mortality in the Italian rural cohorts of the Seven Countries Study." G. Farchi, et al. *European Journal of Clinical Nutrition*, 48(1):19-29. 1994.

"Diet and nutrition as influences on the morbidity/mortality gap. Shiriki K. Kumanyika. *Annals of Epidemiology*, 3(2):154-158. 1993.

Children and Adolescents (in order by year)

Prevention of Atherosclerosis and Hypertension Beginning in Youth. Lloyd J. Filer, Jr., Ronald M. Lauer, and Russell V. Luepker. Philadelphia: Lea & Febiger, 1994. 283 pp.

"Prevention of heart disease beginning in childhood through comprehensive school health: the Heart Smart Program." Gerald S. Berenson. *Preventive Medicine*, 22:507-512. 1993.

"Primary hyperlipidemia in a pediatric population: classification and effect of dietary treatment." Sheldon M. Polonsky, Paul S. Bellet, and Dennis L. Sprecher. *Pediatrics*, 91(1):92-96. 1993.

National Cholesterol Education Program: Report of the Expert Panel on Blood Cholesterol Levels in Children and Adolescents. U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health, National Heart, Lung, and Blood Institute, National Cholesterol Education Program. NIH Publication No. 91-2732. 1991. 37 pp.

Risk Factors by Education or Special Groups (in order by year)

"The cardiovascular health of women." *Heart Memo.* National Heart, Lung, and Blood Institute, National Institutes of Health. Special edition. 1994. pp. 1-6.

"Community intervention and trends in dietary fat consumption among black and white adults." Janet B. Croft, et al. *Journal of The American Dietetic Association*, 94(11):1284-1290. 1994.

"Parental death from cardiovascular disease and dietary habits in an elderly group." R.M. Ortega, et al. *British Journal of Nutrition*, 71(2):259-70. 1994.

"Nutrition and diseases of women: cardiovascular disorders." Harry G. Preuss. *Journal of the American College of Nutrition*, 12(4):417-425. 1993.

"Role of nutrition in the prevention and treatment of coronary heart disease in women." P.M. Kris-Etherton and Debra Krummel. *Journal of The American Dietetic Association*, 93(9):987-993. 1993.

Dietary Interventions (in order by year)

"w-3 fatty acids: a panacea?" Carolyn D. Berdanier. *Nutrition Today*, 29(4):28-32. 1994.

"Absorption, metabolism, and serum concentrations of cholesterol in vegetarians: effects of cholesterol feeding." Matti Vuoristo and Tatu A. Miettinen. *American Journal of Clinical Nutrition*, 59:1325-1331. 1994.

"Dietary antioxidants: role in disease prevention." T. Beaudette (ed.). *Seminars in Nutrition*, 13(5):1-24. 1994.

"Hypercholesterolemic effect of dietary cholesterol in diets enriched in polyunsaturated and saturated fat: dietary cholesterol, fat saturation, and plasma lipids." Alice H. Lichtenstein, et al. *Arteriosclerosis and Thrombosis*, 14(1):168-175. 1994.

"Mediterranean alpha-linolenic acid-rich diet in secondary prevention of coronary heart disease." Michel de Lorgeril, et al. *Lancet*, 343:1454-59. 1994.

"Considerations of dietary sodium/potassium/energy ratios of selected foods." Mairian L. Arbeit, Theresa A. Nicklas, and Gerald S. Berenson. *Journal of the American College of Nutrition*, 11(2):210-222. 1992.

"Moderate alcohol intake, increased levels of high-density lipoprotein and its subfractions, and decreased risk of myocardial infarction." J. Michael Gaziano, et al. *The New England Journal of Medicine*, 329(25):1829-34. 1993.

"Hypocholesterolemic effects of a dietary fiber supplement." Donald B. Hunninghake, et al. *American Journal of Clinical Nutrition*, 59:1050-4. 1994.

"Rice bran and rice bran oil may lower heart disease risk by decreasing cholesterol synthesis in the body." Maren Hegsted and C.S. Kousik. *Louisiana Agriculture*, 37(2):16-17. Spring 1994.

"Bioactive organosulfur compounds of garlic and garlic products: role in reducing blood lipids." Larry D. Lawson. *ACS Symposium Series*, 534:306-330. 1993.

"The cardiovascular effects of caffeine." Rogelio Mosqueda-Garcia, David Robertson, and Rose Marie Robertson. In: *Caffeine, Coffee, and Health*. S. Garattini (ed.). New York: Raven Press, Ltd., 1993. pp. 157-193.

"Nutritional implications of fat substitutes." David J. Mela. *Journal of The American Dietetic Association*, 92(4):472-476. 1992.

Nutrition Education (in order by year)

"The impact of video tapes in educating grocery store shoppers about fat and cholesterol." Laurie A. Stenberg Nichols and Mary K. Schmidt. *Journal of Nutrition Education*, 27(1):5-10. 1995.

"Compliance-enhancing counseling strategies for cholesterol management." Mary Beth Gilboy. *Journal of Nutrition Education*, 26(5):228-232. 1994.

"Development of a Samoan nutrition exchange list using culturally accepted foods." Anne Caprio Shovic. *Journal of The American Dietetic Association*, 94(5):541-543. 1994.

"Self-rated dietary fat intake: association with objective assessment of fat, psychosocial factors, and intention to change." Johannes Brug, et al. *Journal of Nutrition Education*, 26(5):218-223. 1994.

"Weight loss intervention in Phase I of the Trials of Hypertension Prevention." Victor J. Stevens, et al. *Archives of Internal Medicine*, 153:849-858. 1993.

"Behavioral counseling and contracting as methods for promoting cardiovascular health in families." Carolyn C. Johnson, et al. *Journal of The American Dietetic Association*, 92(4):479-481. 1992.

"The benefits of treating hyperlipidemia to prevent coronary heart disease: estimating change in life expectancy and morbidity." *Journal of the American Medical Association*, 267(6):816-822. 1992.

"Change in waist-hip ratio with weight loss and its association with change in cardiovascular risk factors." Rena R. Wing, et al. *American Journal of Clinical Nutrition*, 55:1086-92. 1992.

"Cholesterol-related counseling by registered dietitians in Northern California." David J. Hyman, et al. *Preventive Medicine*, 21(6):746-753. 1992.

"Follow-up dietary counseling benefits attainment of intake goals for total fat, saturated fat, and fiber." Joanne Milkereit and James S. Graves. *Journal of The American Dietetic Association*, 92(5):603-605. 1992.

"The Heart Smart cardiovascular school health promotion: behavior correlates of risk factor change." M.L. Arbeit, et al. *Preventive Medicine*, 21(1):18-32. 1992.

"Intense dietary counseling lowers LDL cholesterol in the recruitment phase of a clinical trial of men who had coronary artery bypass grafts." Diane M. Shenberger, et al. *Journal of The American Dietetic Association*, 92(4):441-445. 1992.

"Nutrition and behavioral characteristics and determinants of plasma cholesterol levels in men and women." Judith Sharlin, et al. *Journal of The American Dietetic Association*, 92(4):434-440. 1992.

"Nutrition education for cardiovascular disease prevention among low income populations-description and pilot evaluation of a physician-based model." Alice S. Ammerman, et al. *Patient Education and Counseling*, 19:5-18. 1992.

Patient Education Resources (in order by title)

Resources listed below have been produced from 1990 to present unless they are difficult to obtain.

Please refer to the "Consumer" level for more items that are available through bookstores and organizations.

Handouts (in alphabetical order by title)

The following items could be ordered in bulk by educators and health professionals.

Change of Heart. Mary P. Dodds. Reno, NV: University of Nevada, Washoe County Cooperative Extension, and the University of Nevada School of Medicine. Series of newsletters for consumers. Available from University of Nevada/Washoe County Cooperative Extension Service, P.O. Box 11130, Reno, NV 89520-9913.
(702) 784-4848.

Cholesterol Control. Emmanuel Horovitz. Encino, CA: Health Trend Publishing, 1994. 32 pp.
Available from Health Trend Publishing, P.O. Box 17420, Encino, CA 91416.
(818) 906-7120.

National Cholesterol Education Program, National Heart, Lung, and Blood Institute, National Institutes of Health, Public Health Services, U.S. Dept. of Health and Human Services. 1992-1993. Address and phone number under "Contact for Assistance."

Cholesterol in Children: Healthy Eating is a Family Affair: Parents' Guide.
NIH Pub. No. 92-3099. Nov. 1992. 52 pp.

Eating with Your Heart in Mind (7-10 Year Olds).
NIH Pub. No. 92-3100. Nov. 1992. 36 pp.

Heart Health ... Your Choice (11-14 Year Olds)
NIH Pub. No. 92-3101. Nov. 1992. 39 pp.

An Excellent Plan to Reduce High Cholesterol (Un Plan Excelente Para Reducir El Alto Colesterol). The American Dietetic Association. Chicago, IL: The American Dietetic Association, 1992. Available from the National Center for Nutrition and Dietetics, 216 West Jackson Blvd., Chicago, IL 60606-6995. (800) 745-0775, ext. 5000.

Step by Step: Eating to Lower Your High Blood Cholesterol. Rev. National Cholesterol Education Program, National Heart, Lung, and Blood Institute and NHLBI Obesity Education Initiative, National Institutes of Health, Public Health Service, U.S. Dept. of Health and Human Services. NIH Pub. No. 94-2920 (single copy number). Bethesda, MD: The Institute. GPO Stock No. 017-043-00130-3 (bulk copy number). Available from the Superintendent of Documents, GPO, P.O. Box 371954, Pittsburgh, PA 15250-7954. (202) 783-3238. 1994. 100 pp.

You Can Control Your Cholesterol: A Guide to Cholesterol Living (Also in Spanish). Available from Krames Communications, 1100 Grundy Lane, San Bruno, CA 94066-3030. (800) 333-3032.

Audiovisuals and Curriculums (in alphabetical order by title)

As a Matter of Fat (1991). University of New Hampshire Cooperative Extension in cooperation with NH Division of Public Health Services, Bureau of Health Promotion. Durham, NH: University of New Hampshire Cooperative Extension. (603) 862-1520. **Includes:** 1 leader's guide, 8 fact sheets, 10 pamphlets, 50 duplicating masters. **Content:** To help consumers decrease fat in their diet. The leader's guide is a compilation of information and resources designed to help the health professional create and implement dietary fat reduction programs. The fact sheets provide consumers with practical tips on reducing dietary fat. **Audience:** Consumers.

Cardiac Fitness: A Guide to Shopping Smart, Eating Healthy (1994). Stay Healthy USA, Voluntary Hospitals of America and Best Foods. (201) 894-2309. **Includes:** 9:36 min. (VHS) videocassette, 1 instructor's guide, 2 guides, 2 booklets, 1 poster, 13 slides, and 1 script. **Content:** This implementation guide is designed to be a ready reference about key elements of the new food label. **Audience:** Consumers.

Cholesterol Control (1995). Mosby Great Performance. Beaverton, OR: Great Performance, Inc. (503) 690-9181. **Includes:** 9:48 min. (VHS) videocassette and a booklet with activities. **Content:** This video and booklet gives practical application for reducing blood cholesterol by using the Food Guide Pyramid, label reading, exercising, and making a plan. **Audience:** Consumers.

Cholesterol in School Age Children: A Program to Develop Awareness (1990). Johanna C. Burani. Mendham, NJ: Infinity Impressions. **Includes:** 1 vol. and 19 transparencies. **Content:** The objectives of this program are to increase understanding of cholesterol levels in blood and risks that may accompany elevated levels; to introduce heart-healthy food choices; and promote regular exercise. **Audience:** Educators.

Controlling Cholesterol (1991). Princeton, NJ: Films for the Humanities & Sciences, Inc. (609) 452-1128. **Includes:** 28 min. (VHS) videocassette. **Content:** The relationship between diet and cholesterol, and between elevated cholesterol and heart disease, is documented. Medical experts discuss safe levels for men and women; recommend dietary changes; and demonstrate how individuals can control cholesterol. Experts also discuss role of aspirin and the latest treatment and control of cardiovascular disease. **Audience:** Consumers.

Culinary Hearts Kitchen Cooking Course (1992). Dallas, TX: American Heart Association. (214) 706-1310. **Includes:** 265 slides, 1 instructor's manual, 1 press release, 6 posters, 1 pamphlet, 2 advertising camera-ready sheets, and 1 notebook sticker. **Content:** A teaching package to assist consumers with practical application of AHA's dietary guidelines. Six sessions include nutrition, food selection, preparation, and recipe demonstrations. **Audience:** Consumers.

Eating for Pleasure and Health: How to Buy and Fix Good Food with Less Fat (Comiendo Por Placer Y Salud) (1993). Rev. Madison, WI: University of Wisconsin-Extension Food and Nutrition Education Program (EFNEP). **Includes:** Workbook with lessons and handouts. **Content:** This workbook gives practical ways to buy and prepare foods lower in fat. **Audience:** Consumers. Available from Cooperative Extension Publications, 30 N. Murray St., Room 245, Madison, WI 53715. (608) 262-3346.

Fat: A Balancing Act (1993). Washington State Dairy Council. Seattle, WA: The Council. (206) 744-1616. **Includes:** Poster, brochure, 6 duplicating masters, and 3 lesson plans. **Content:** Designed to help teenagers learn how to lower their fat intake while maintaining a balanced diet. Discusses the five food groups and the Food Guide Pyramid, serving sizes, personal fat budgets, and food trade-offs. **Audience:** Teenagers.

Guide to High Blood Pressure Control (1994). Timonium, MD: Milner-Fenwick. (410) 252-1700. **Includes:** 10:30 min. (VHS) videocassette and booklet. **Content:** This video examines the causes and effects of high blood pressure and explains methods of prevention and treatment. It also includes information on smoking, obesity, diet, alcohol, exercise, and medication compliance. **Audience:** Consumers.

Heart Bingo (1993). Renee Logan and Mindy Benedict. **Includes:** Game with key cards. **Content:** This is an interactive educational tool for 25 players. **Audience:** Teenagers and Adults. Available from Lowfat Lifeline, 234 Cass St., Port Townsend, WA 98368. (206) 379-9724.

Heart Challenges: Senior High School (1991). Dallas, TX: American Heart Association. **Includes:** Posters, booklets, mini lessons, buttons, teacher's guides, and program coordinator's guides. **Content:** Presents factual information on cardiovascular disease, as well as other strategies to encourage teenagers to make and maintain changes in how they live. **Audience:** Teenagers.

A Heart Healthy Diet: Who Makes the Choices? (1994). Penn State University Food Science. Ithaca, NY: Cornell University Resource Center. (607) 255-2080. **Includes:** leader's guide, videotape, poster, and discussion props. **Content:** It is a curriculum designed to help workshop participants recognize the importance of making dietary changes, and to consider how the new food label and Food Guide Pyramid can be used as tools to help them accomplish this. **Audience:** Consumers.

Heart-Healthy Lessons for Children (1991). Jayne L. Newmark. Phoenix, AZ: Arizona Heart Institute and Foundation. 51 pp. **Audience:** Young children. Available from Arizona Heart Institute Foundation, 2632 N. 20th St., Phoenix, AZ 85006. (602) 266-2200.

The Heartcare Program: Dietary Management of Cholesterol. Rev. ed. (1994). Minneapolis, MN: Hall-Foushee Productions, Inc. (612) 379-3829. **Includes:** curriculum, (4)12 min. (VHS) videocassettes, audiotape, camera-ready handouts, brochures, and shopping cards. **Content:** The program is appropriate for anyone interested in healthier eating. It can be used as the educational component of a cholesterol screening program or as stand-alone education for any patient interested in learning how to eat less fat for better health. **Audience:** Consumers.

High Blood Pressure: A Lifestyle and Medical Approach to Hypertension (1995). Mosby Great Performance. Beaverton, OR: Great Performance. (503) 690-9181. **Includes:** 10:39 min. (VHS) videocassette and booklets. **Content:** This video and booklet gives practical application for reducing hypertension through assessing risks for hypertension, changing lifestyle including eating habits, and working with a physician. **Audience:** Consumers

Highlights of the National Conference on Cholesterol and Blood Pressure Control (1991). National Heart, Lung, and Blood Institute. Bethesda, MD: The Institute: Bristol-Myers Squibb Co. **Includes:** 60 min. (VHS) videocassette. **Content:** Conference highlights present interviews of participants discussing dangers of high levels of cholesterol and high blood pressure. Doctors stress that reduced fat intake is the cornerstone in good nutrition and good health. They discuss risk factors for various populations, how to manage these problems, and how to discourage youth from smoking and drinking. **Audience:** Health Professionals, Educators, and Consumers.

It's Heartly Fare (1993). Timothy S. Harlan. Atlanta, GA: Pritchett & Hull Associate, Inc. (800) 241-4925. **Includes:** Book and teaching supplements. **Content:** This handbook teaches patients about fat, cholesterol, and salt. The supplement consist of practical exercises to help the patient sharpen skills in choosing and eating healthy foods. **Audience:** Consumers.

Keeping the Pressure Down: A Wellness Approach to Blood Pressure (1992). Washington, DC: National Council on the Aging. **Includes:** 1 flip chart, 1 program leader's manual, 20 copies each of personal health record booklets, health alert exercise brochures, health alert diet brochures, health alert smoking brochures, and health alert high blood pressure brochures. **Content:** To assist planners and educators in conducting an education program on high blood pressure, including blood pressure control activities. **Audience:** Planners and Educators.

Lower Your Cholesterol Now! Updated ed. (1994). Leni Reed. Austin, TX: FEPI/Family Experiences Productions, Inc. **Includes:** 32 min. (VHS) videocassette. **Content:** Video includes four stand-alone programs covering: oils; meat, fish, poultry, and eggs; lunch and breakfast meats; the Nutrition Facts label; and more. The tape is updated for the 1994 food label and includes a new 8-minute "Nutrition Facts" chapter with special comments for Step 1 and 2 diets. Video comes with Print Index. **Audience:** Consumers.

The New Lean Life Foods (1995). Eve Lowry. Shingle Springs, CA: NutriVisuals. **Includes:** 31 min. (VHS) videocassette. **Content:** Video addresses the issue of too much fat in the American diet. Analyzes typical American meals and shows how to cut down on fats and calories. **Audience:** Consumers.

Nutrition Slide Kit for Students and Professionals (1994). American Heart Association. Contact affiliate. **Includes:** 120 slides, a narrator's text, references, and handouts in a notebook. **Content:** The program includes six sections: Cholesterol and lipoprotein pathophysiology; the cholesterol-CHD connection; effects of diet on CHD risk; dietary treatment for high blood cholesterol; nutrition and blood pressure; and obesity and CHD risk. **Audience:** Students and Health professionals

Recreating Taste in Low Fat Cooking (1994). Chicago, IL: American Dietetic Association and the National Live Stock and Meat Board. (312) 899-0040. **Includes:** 25 min. (VHS) videocassette, 1 poster, and 10 duplicating masters. **Content:** Depicts a registered dietitian and a chef teaming up to demonstrate hands-on cooking and presentation techniques. The demonstrations emphasize low-fat cooking techniques for main dish beef, poultry, and fish entrees using both dry and moist methods. **Audience:** Consumers.

Self-Care for a Healthy Heart (1991). Colorado State University Cooperative Extension, Dept. of Food Science and Human Nutrition. (303) 491-6198. **Includes:** Packet with four lessons, food report form for a computer diet analysis, and a refrigerator magnet. **Content:** Lessons with activities to help people who want to change their eating habits to reduce their cholesterol levels. **Audience:** Consumers.

Termineater (1993). Maricopa County Health Services and Project Lean. Scottsdale, AZ: Dream Street Films. (602) 970-1952. **Includes:** 16 min. (VHS) videocassette and instructor's guide. **Content:** The Terminateater, a cyborg sent back from the future, teaches 11 year-old John Connor five simple ways to reduce fat in his diet without giving up his favorite foods, friends, or flavor. **Audience:** Elementary school age children.

Contacts for Assistance

Local Contacts (listed in the telephone directory)

Ask for the:

American Heart Association (state affiliates)	Nutritionist
Dietetic Association (state or regional chapter)	Dietitian
Health Department (city, county, state)	Public Health Nutritionist
Hospital	Dietitian

National Contacts:

American Heart Association, 7320 Greenville Ave., Dallas, TX 75231. (800) AHA-USA-1.

Food and Nutrition Information Center, National Agricultural Library, USDA, 10301 Baltimore Blvd., Room 304, Beltsville, MD 20705-2351. (301) 504-5719.

National Center for Nutrition and Dietetics, American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-0040.

National Heart, Blood, and Lung Institute Information Center, P.O. Box 30105, Bethesda, MD 20824-0105. (301) 251-1222.

Texas Heart Institute, Texas Medical Center, MCI-194, P.O. Box 20345, Houston, TX 77225-0345. (800) 292-2221 or (713) 794-6536.

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